

Why Complete the PDHRA?

For yourself:

The PDHRA empowers each of you to take control of your health. By identifying your health and readjustment concerns early, you can resolve problems that could – if left unattended – negatively affect your deployment status, career, or life beyond deployment.

For your family:

Your family's peace of mind is an important part of your own well-being. Some family members worry about how deployments can affect their loved one's health. When you complete the PDHRA, you can reassure them that any health concerns you have will receive professional attention.

For the Army:

Deployment-related health concerns and problems may appear subtly over time and go unnoticed, even among service leaders and fellow soldiers. When you complete the PDHRA and answer candidly about your health status and concerns, the reassessment provides healthcare personnel with a comprehensive view of your health. A healthy soldier is a ready soldier – ready not only for deployment, but for life after deployment.

For the future:

By completing the PDHRA you enable healthcare providers to initiate early medical care for your deployment health concerns. Early treatment can keep medical concerns from becoming chronic problems.

Helpful Resources

Army One Source 1.800.464.8107
Army Information Line (1-800-833-6622)
8 a.m. to 4:30 p.m. EST, Mon-Fri

TRICARE

Pharmacy Program 1.877.363.6337
Pharmacy Mail Order 1.866.363.8667
Pharmacy Retail 1.866.363.8779
For Life/Dual Eligibles 1.866.773.0404
Retiree Dental Program 1.888.838.8737
Dental Program 1.800.866.8499
DEERS 1.800.538.9552
Prime Remote 1.888.363.2273
US Family Health Plan 1.800.748.7347
Online 1.800.538.9552
North 1.877.874.2273
South 1.800.444.5445
West 1.888.874.9378

Military Medical Support Office 1.888.647.6676
Department of Veterans Affairs Benefits
1.800.827.1000
Medical Centers 1.800-827.1000
Persian Gulf War Help Line 1.800.749.8387
VA Regional Office 1.877.222.8387
National Coalition for Homeless Veterans
1.800.838.4357
Focus on Recovery Help Line (alcohol/drugs)
1.800-374.2800
National AIDS Hotline 1.800.342.2437
National Crisis Hotline 1.800.784.2433
National Suicide Support Number 1-888-784 2433



Deployment Health

Post Deployment Health Reassessment

“Safeguarding Your Health”



<https://fhp.osd.mil/pdhrainfo>

Protecting the Health of Those Who Serve

Protecting the health of those who serve our country is our mission.

We recognize that deployment may have an impact on your health and wellbeing. In an effort to identify and treat your deployment-related health concerns, we are implementing the Post-Deployment Health Reassessment, or PDHRA. The program provides education, screening, assessment and an opportunity to access care for a wide variety of questions and concerns you may have about your health after you return from deployment.

What can the Post-Deployment Health Reassessment do for me?

While deployed, you were focused on the mission at hand. Now that you have returned home, it is time to focus on your life, your health, and your future. We encourage you to take advantage of the healthcare and community services available to you through participation in the Post-Deployment Health Reassessment.

The PDHRA empowers each of you to take control of your health and provides you with the chance to address your deployment-related health concerns with a healthcare professional. By identifying your health and readjustment concerns early, you can resolve problems that could – if left unattended – negatively affect your deployment status, career, or life beyond service.

How does the PDHRA process work?

You should complete the Post-Deployment Health Reassessment three-to-six months after returning from deployment. If you are in a unit, your unit or commander will notify you when it's time to complete the reassessment. Selected service members may be notified through the internet or a direct mailing when it is their time to complete the PDHRA.

First, you will receive training to assist you in participating in the screening process, then you will complete a questionnaire that will gather your current demographic and health status information. Then, you will have an opportunity to discuss your deployment health concerns or questions with a healthcare provider. Together with the provider you can determine what additional services or referrals are needed.

